



# NEWSLETTER

## SPEAKER MEETING

### Crisis Care in Santa Cruz

Wednesday, January 17, 2018  
 6:30 to 7:00 Meet and Greet  
 7:00 to 8:30 Program & Q/A  
 Live Oak Senior Center  
 1777 Capitola Road near 17th Ave.

*Family members, individuals living with a mental illness, health care providers, and all other community members are welcome and encouraged to attend. No cost.*

#### Updates on Crisis Care in Santa Cruz

Leaders from County Mental Health and Telecare will present updates on improvements that are occurring at the Behavioral Health Center. Telecare and the County have been responding to the concerns of the NAMI community and program development needs. As NAMI participants, your input has been impactful.

An overview also will be provided of psychiatric crisis services, policies, capacities, assessments, holds, diversion from hospitalization, follow up care, hospitals which are out-of-county, and other crisis-related services such as the Mobile Emergency Response Team (MERT), Mental Health Law Enforcement Liaison services, Second Story Peer Respite House, and Telos House.

#### Presenters:

**Pam Rogers-Wyman:** Director of Adult Services, Santa Cruz County Behavioral Health. Pam has been a dedicated mental health leader at Santa Cruz County for over 24 years. She began her work as a clinician in Children's Mental Health, advancing through supervisory assignments in acute and homeless services, to Acute Services management to her current role, overseeing Adult Behavioral Health Services.

**Chad Hickerson:** Telecare Corporation, Administrator, Santa Cruz Behavioral Health Center, is an established health care professional in medical and behavioral health care, who became administrator of the Santa Cruz BHC in September 2017. Chad has worked many years in Crisis Stabilization Units and Inpatient Psychiatric Hospitals as a Licensed Psychiatric Technician. He served as hospital administrator of the Psychiatric Hospital within San Quentin and as the Chief Operations Executive for San Quentin State Prison. He is dedicated to partnering with the community to provide optimal care and recovery for patients and families.

## NAMI ACCOMPLISHMENTS 2017

### **NAMI SCC is So Thankful!**

*NAMI SCC is grateful to all of our donors, members, Human Race walkers, volunteers and staff for their generosity. We could not continue to provide the wide range of programs to the public free of charge without this support. You make a difference!*

#### **Thanks to you, in 2017, NAMI SCC was able to**

- Hire an Executive Director, Janet Gluch.
- Receive "Be the Difference" awards for Peer Programs and Parents of Youth and Young Adult Programs.
- Participate in law enforcement training as part of Crisis Intervention Training team, building understanding through true stories.

- Present the NAMI Provider Education program to mental health professionals.

- Launch NAMI on Campus, a club at Cabrillo College for students with mental health challenges to find a safe place to share experiences and friendships.

- Advocate for improvements and create change at Behavioral Health Center.

- Provide warm jackets and holiday meal for 250 guests living with mental illness.
- Provide Spanish language family education classes in South County and a support group for Spanish speakers.
- Offer NAMI Education courses: Family to Family, Peer to Peer, Provider Education, and BASICS.
- Provide support groups for families and peers.
- Present speaker meetings open to the community.
- Advocate, support, and help hundreds of individuals through our Help Line.



### **MHCAN CHRISTMAS PARTY**

250 Guests living with mental illness enjoyed Christmas dinner with all the trimmings a gift of a warm coat and other treats and music through out. Thanks to our wonderful team of elves and all who donated to make this event possible.



**Elves and Santa preparing to serve**



**Annie loves her new coat. Janet as Elf**



**Let the music play!**

## Resources

### Friendship Line

The Friendship line is a 24/7 Hot line and Warm line available at **1-800-971-0016**, Nationwide.

It is staffed with 135 active volunteers doing 4 hour shifts from a call center in San Francisco that fields 15 thousand calls each month. They accept calls from anyone, anywhere needing help or just wanting to talk. They also provide outgoing calls to check in with those who request it.

The Friendship line started in 1973 as a crisis line for seniors and care givers and for elderly suicide prevention. It is funded by the Institute on Aging-  
<https://www.ioaging.org>

Our NAMISCC Help Line is the resource for local information: **831-427-8020**

Friendship line is an additional resource for family members in need of support or simply a lonely senior. Available Nationwide.



### SUICIDE PREVENTION

Many thanks to NAMI member BJ Nadeau for arranging a QPR training to prevent suicide. It provided strategic tools for awareness of signs, and how to approach someone who may be considering ending their life.

Most people have considered suicide at one point in their lives; 1 in 16 have actively considered it.

It is important to check in with friends and family about whom you have concerns. It is OK to ask if they are having suicidal thoughts. This can lead to a discussion that will lead to help. Create a safety plan such as preventing access to firearms or potentially lethal drugs that may be in your medicine cabinet.

Often asking the person to call you if they are having suicidal thoughts can literally make a life or death difference.

QPR stands for QUESTION PERSUADE REFER. Asking someone the simple question “Are you thinking of ending your life?” is the opening. If you are concerned, **do not be afraid to ask**. Having someone to talk to can end a sense of isolation. PERSUADE could be asking the person to talk about reasons they may have for living i.e. family members who love them or activities they enjoy. REFER them to resources to help to address the underlying problems.

*You don't have to wait until a suicidal crisis occurs. Feelings do not have to last forever. No one has to experience this alone.*

**Local Suicide Prevention Crisis Line: 831-458-5300**  
24-hour multilingual suicide crisis line, You will be connected to someone who is compassionate, supportive, and accepting of anyone experiencing suicidal thoughts or a general life crisis.

**National Suicide Prevention Lifeline**  
**1-800-273-8255**

Available 24 hours everyday

## CLASSES & SUPPORT GROUPS

### Twin Lakes Church support groups

Begins Monday, January 22nd  
10:00am or 7:00pm at Twin Lakes Church  
Drop ins welcome  
For information and to register call 831-465-3368 or email [mentalhealth@tlc.org](mailto:mentalhealth@tlc.org)

Our wonderful NAMI volunteers Hugh and Cherry will be hosting Twin Lakes Church support groups.

Twin Lakes Church now offers two weekly support groups for family members of those with mental illness and one for peers.

**Family Grace Groups**  
Facilitators include Cherry Mauer  
Mondays at 10:00am or 7:00pm  
Rooms 8112 and 7105 respectively

**Living Grace Groups**  
Facilitators include Hugh McCormick  
Mondays at 7:00 pm  
Room 8142.

This session will run for 8 weeks.  
Workbooks available for purchase.  
Scholarships available.



Tentatively begins  
Weds, January 27, 2018  
6:30 to 8:30 pm  
Sash Mill  
Registration is required.  
Call 824-0406 or register at [www.namisc.org/family-to-family.html](http://www.namisc.org/family-to-family.html)

NAMI Family-to-Family is a free 12-week course for family members of individuals mental health challenges. It teaches the knowledge and skills that family members need to cope more effectively.

- Medications, side effects, and strategies for medication adherence
- Biology of brain disorders and effective treatments
- Gaining empathy
- Problem solving, listening, and communication techniques
- Strategies for handling crises and relapse
- Care for the caregiver



Next class begins January 18  
6:00 pm to 8:00 pm  
At the Sash Mill  
Registration is required. Call 824-0406 or register at [www.namisc.org/peer-to-peer.html](http://www.namisc.org/peer-to-peer.html)

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. It provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life
- Resources on how to maintain your journey toward recovery



Free and confidential. Open to all who feel they have any form of mental illness.

Peer Recovery Support Group returning to MHCAN!  
Starting January 8  
Every Monday, 12:30-2:00pm  
1051 Cayuga Street, Santa Cruz

Peer Recovery Support Group  
Wednesdays 1:00-2:30pm  
Sash Mill, 303 Portero, Bldg 42, Suite 103, Santa Cruz